

FOOD



Apple Sandwiches with Granola and Peanut Butter

Ingredients

- 2 small apples, cored and cut crosswise into 1/2-inch thick rounds
- 1 teaspoon lemon juice (optional)
- 3 tablespoons peanut or almond butter
- 2 tablespoons semisweet chocolate chips
- 3 tablespoons granola

Method

1. If you won't be eating these tasty treats right away, start by brushing the apples slices with lemon juice to keep them from turning brown.

2. Spread one side of half of the apple slices with peanut or almond butter then sprinkle with chocolate chips and granola. Top with remaining apple slices, pressing down gently to make the sandwiches. Transfer to napkins or plates and serve.

Nutrition: per serving (about 7oz/192g-wt.); 300 calories (150 from fat); 16g total fat; 4.5g saturated fat; 0mg cholesterol; 115mg sodium; 36g total carbohydrate (6g dietary fiber, 25g sugar); 8g protein

Espresso Brownies

Ingredients

- 1 1/2 cups semisweet chocolate morsels
- 2 ounces bittersweet chocolate, chopped
- 8 tablespoons (1 stick) butter
- 1 1/2 cups all purpose flour
- 3 tablespoons cocoa powder
- 1 teaspoon baking powder
- 1 teaspoon salt
- 2 tablespoons instant espresso
- 1 1/4 cups sugar
- 3 eggs
- 2 teaspoons vanilla extract
- 1 cup coarsely chopped hazelnuts (optional)

Method

1. Preheat oven to 350°F.

2. Melt chocolates and butter over a double boiler, stir until smooth and remove from heat. In a large bowl, sift together flour, cocoa powder, baking powder, salt and espresso. Set aside. In a mixing bowl, beat sugar, egg and vanilla on medium high until light colored about 2 minutes. Beat in chocolate until well combined. Add flour mixture slowly until well blended. Stir in hazelnuts.

3. Pour mixture into a 11 x 7-inch non stick baking pan and bake for 35—40 minutes or until toothpick inserted 2 inches from the side comes clean. Cool completely. Cut into 12 rectangles.

Nutrition: per serving (1 brownie/106g-wt.); 450 calories (220 from fat); 25g total fat; 12g saturated fat; 75mg cholesterol; 260mg sodium; 58g total carbohydrate (4g dietary fiber, 39g sugar); 7g protein

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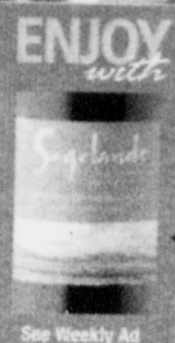
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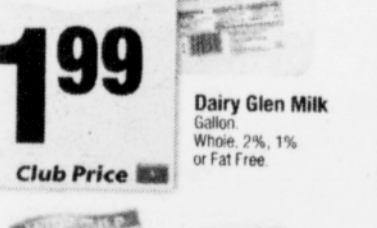
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